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<212> TYPE: PRT
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<223> OTHER INFORMATION: Synthetic Peptide

<400> SEQUENCE: 266

Arg Ser Phe Lys
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<210> SEQ ID NO 267
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<400> SEQUENCE: 267

Arg Val Arg Arg
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1. A method of enhancing internalization, penetration, or both of a co-composition into or through a cell, tissue, or both, the method comprising:

administering the composition of claim **98** to a subject, wherein the cell, tissue, or both is in the subject, whereby internalization, penetration, or both of the co-composition into or through the cell, tissue, or both is enhanced.

2-3. (canceled)

4. The method of claim **1**, wherein the CendR element permeabilizes the cell, tissue, or both.

5-7. (canceled)

8. The method of claim **1**, wherein the CendR element is associated with one or more accessory molecules.

9-11. (canceled)

12. The method of claim **8**, wherein at least one of the accessory molecules comprises an RGD peptide, iRGD, a Lyp-1 peptide, a NGR peptide, iNGR, an RGR peptide, a HER2 binding peptide, or a combination.

13. The method of claim **8**, wherein one or more of the accessory molecules are independently a homing molecule, a targeting molecule, an affinity ligand, a cell penetrating peptide, an endosomal escape molecule, a subcellular targeting molecule, a nuclear targeting molecule, or a combination.

14. The method claim **13**, wherein one or more of the accessory molecules are homing molecules.

15-20. (canceled)

21. The method of claim **8**, wherein the CendR element selectively homes to a tumor.

22. The method of claim **21**, wherein the CendR element selectively homes to tumor vasculature.

23. The method of claim **8**, wherein the CendR element selectively homes to lung tissue.

24. The method of claim **8**, wherein the CendR element selectively homes to heart tissue.

25. The method of claim **1**, wherein the CendR element is an activatable CendR element.

26. The method of claim **25**, wherein the activatable CendR element is a protease-activatable CendR element.

27. (canceled)

28. The method of claim **199**, wherein the CendR composition and the co-composition are administered to the subject simultaneously.

29. The method of claim **28**, wherein the CendR composition and the co-composition are administered to the subject in a single composition comprising the CendR element and the co-composition.

30. The method of claim **199**, wherein the CendR composition and the co-composition are administered to the subject in separate compositions.

31. The method of claim **199 6** or **8-27**, wherein the CendR composition and the co-composition are administered to the subject at different times.

32. The method of claim **31**, wherein the CendR composition and the co-composition are administered to the subject in separate compositions.

33. The method of claim **30**, wherein the CendR composition and the co-composition are administered to the subject by separate routes.

34. The method of claim **1**, wherein the CendR element and the co-composition are not bound to each other.

35. The method of claim **1**, wherein the co-composition comprises a therapeutic agent.

36. The method of claim **1**, wherein the co-composition comprises a detection agent.

37. The method of claim **1**, wherein the co-composition comprises a carrier, vehicle, or both.

38. The method of claim **1**, wherein the co-composition comprises a therapeutic protein, a therapeutic compound, a therapeutic composition, a cancer chemotherapeutic agent, a toxin, a cytotoxic agent, an anti-inflammatory agent, an anti-arthritic agent, a growth factor, a cytokine, a chemokine, a compound that modulates one or more signaling pathways, an antibody, a nucleic acid, a nucleic acid analog, a cell, a virus, a phage, a viral particle, a phage particle, a viral capsid, a phage capsid, a virus-like particle, a liposome, a micelle, a bead, a nanoparticle, a microparticle, a chemotherapeutic agent, a contrast agent, an imaging agent, a label, a labeling agent, an anti-angiogenic agent, a pro-angiogenic agent, or a combination.

39. The method of claim **1**, wherein the CendR element is comprised in an amino acid sequence.